

COUNTY OF PLACER  
**DEPARTMENT OF HEALTH AND HUMAN SERVICES**



**RICHARD KNECHT, M.S.**  
DIRECTOR, CHILDREN'S SYSTEM OF CARE



**MAUREEN F. BAUMAN,**  
**L.C.S.W.**  
DIRECTOR, ADULT SYSTEM OF CARE

November 20, 2008

**RE: Mental Health Services Act (MHSA)/Prop. 63  
Prevention and Early Intervention One-Time Money Expenditures**

**Dear Placer County Community Member:**

Below please find the recommended expenditures for Prevention and Early Intervention One-Time Funds. These funds have been allocated to support the overall Prevention and Early Intervention Plan that has been created and is currently under public review.

**Department of Mental Health (DMH) Background**

The actual revenues received in the Mental Health Services (MHS) Fund exceeded what was initially estimated; therefore, DMH is making available an additional \$40 million in FY 2008-09 funds for Counties to implement the PEI component of their Three-Year Plans. This funding increase was approved by the Mental Health Services Oversight and Accountability Committee during its June 2008 meeting. With these additional funds, the Counties can establish new PEI Projects and/or expand approved PEI Projects.

**Placer's Review**

In August and September of 2008, the Campaign for Community Wellness Steering Committee met to discuss additional one-time Prevention and Early Intervention funding opportunities.

Based on this discussion, the Steering Committee recommended the following:

***Depression and Suicide Priorities***

- |  |                 |
|--|-----------------|
| • Suicide assessment tool & training     | \$25,000        |
| • Risk assessment training for educators | \$20,000        |
| • Web based resource guide/call center   | <u>\$25,000</u> |
| ○ Includes programs for vets             |                 |
| <b>Subtotal Depression &amp; Suicide</b> | <b>\$70,000</b> |

**Transforming the Mental Health System**

***Depression and Suicide Workgroup rationale:***

To support the existing suicide and depression prevention plan that includes depression screening and short-term intervention therapy, the group determined there was a need to develop a proper suicide assessment tool and provide training to key personnel who would be delivering the screening. Additionally, it was felt that educators needed to be trained on identifying those who may be at-risk of depression and/or suicide. Finally, to support the social marketing/awareness element for suicide and depression, it was determined one-time funds would be necessary to support a web based resource or call center type functionality that could direct those at-risk to the appropriate resources in Placer. This program would include an understanding of the needs of Veterans and the resources available to them as well.

***Children and Youth Priorities***

• Youth Development Training	\$25,000
• Pride/Dept. of Rehab expansion	\$20,000
• Youth Cultural art programs	<u>\$16,000</u>
<b>Subtotal of programs tying to PEI Planning</b>	<b>\$61,000</b>

***Children and Youth rationale:***

The children and youth workgroup is focused on providing family and youth strengthening programs to provide prevention to early onset of mental illness. In addition to the trainings recommended for the programs that fall into the PEI Plan, the group saw additional need to support the engagement and development of Youth in Placer. The Youth Development Training will engage youth with community organizations, schools, colleges, policy makers, funders, and others to create programs, train staff, and develop policies that encourage and enable young people to transition successfully to adulthood.

The Pride/Department of Rehabilitation program is a current program that works with at-risk youth. A one-time contribution of \$20,000 can be leveraged 4 times with federal dollars allowing this successful program to expand services. The group agreed this was an opportunity that needed to be supported and fit with the overall Children and Youth plan.

Finally, it was determined there was additional need to provide cultural art program to the youth that foster self-esteem building and reduce at-risk behavior. These cultural art programs will be focused primarily on at-risk Latino youth, however, may extend to other youth populations as needed.

---

**Transforming the Mental Health System**

**Native Network Priorities**

• Strategic Planning	\$12,500
• Native Center (2-year rental)	\$77,802
• Start-up Organization Cost	<u>\$15,000</u>
<b>Total Native Network Priorities</b>	<b>\$105,302</b>

**Native Network rationale:**

The Native American community is currently underserved in Placer County. Additionally, there is no central location for Native Americans to meet to express their cultural identity and share their stories. To support the Native Programs that were approved under the PEI Plan, it is believed that a central organization and location is needed. The one-time funds will enable the Native community to create a strategic plan that lays the groundwork for a Native organization to be created. Additionally, until the organization reaches sustainability, support for a central location was needed. Support for 2 years of rent for a Native Center was therefore approved. The Native Center will require some basic resources such as a printer, desk, chairs, etc. The group therefore determined a start-up amount to support the initial needs of the Native Center.

**Social Marketing Priorities**

• Outreach and support (family members)	\$10,000
• Education forums (parenting ed/awareness)	\$34,000
• Youth led programs (to be selected)	\$10,000
• Staff provider awareness/cult. immersion	<u>\$12,000</u>
<b>Total Social Marketing Priorities</b>	<b>\$66,000</b>

**Social Marketing rationale:**

New prevention services to targeted communities will soon be delivered to the Placer Community. In order to inform these communities of the new services, one-time funds for outreach to family members is requested. Additionally, it is believed that since most families do not understand or identify with mental illness and the risks associated with it, general education needs to be done. The group plans to hold educational forums that will give parents the tools they need to identify at-risk behaviors and better understand how to improve natural support systems.

The Social Marketing group felt the need to support youth in the community by providing an opportunity for youth to lead key programs. These programs will be selected through a program committee and are meant to strengthen youth leadership and involvement around mental health issues.

Finally, it was determined that staff of County and local community organizations could benefit from cultural awareness and immersion training.

**Transforming the Mental Health System**

**Tahoe Priorities**

• Training for Community Educator	\$ 5,000
• Daycare & Transportation	\$ 4,000
• Translation & Outreach	\$12,000
• Tahoe Youth Leadership Stipends	\$12,000
• Room rental for Community Educator (2 yrs)	<u>\$24,000</u>
<b>Total Tahoe Priorities</b>	<b>\$57,000</b>

**Tahoe rationale:**

The Tahoe region is relatively remote from Western Placer County. This group has targeted youth life skills training as their primary prevention program. To support the prevention work that will soon be occurring in this community, the group sees the need to train the local community educator so that the greater community can become aware of the new prevention services. Additionally, greater daycare and transportation needs are required in this community. It is expected that this one-time money will help bring community members closer to the initial prevention efforts. As this community has a large Latino population, translation costs for prevention and early intervention services are expected to be significant.

The Tahoe group understands the benefits of supporting youth and youth leadership, a key component of the Prevention and Early Intervention Plan. They are requesting youth leadership stipends to encourage greater youth leadership and involvement in the community.

A community educator was a key part of the Prevention and Early Intervention Plan for the Tahoe group. The group determined that 2 years of room rental for this educator would allow the community educator to practice more readily. It is anticipated that the community educator will eventually locate with a community based organization.

<i>Balance of PEI One-Time Funds</i> (from original plan)	\$446,850
<b><i>Total One-Time Priorities Approved Today</i></b>	<b><u>\$359,302</u></b>
Amount left for PEI one-time (to be discussed in 2009)	\$95,048

## **We Appreciate Your Feedback**

We welcome your comments. Below are the various ways to submit your ideas. All written comments (including email) must be submitted by Dec 22, 2008.

### **Ways to give input:**

#### By Mail

Michele Zavoras  
Health and Human Services/Adult System of Care  
101 Cirby Hills Drive  
Roseville, CA 95678

#### By Email

[mzavoras@placer.ca.gov](mailto:mzavoras@placer.ca.gov)

#### In Person

Placer County Mental Health, Alcohol and Drug Advisory Board Public Hearing  
**December 15, 2008 at 6:00 pm**  
Placer County Government Center (DeWitt Center)  
11533 C Avenue  
Auburn, CA 95603  
Call Michele for more info: PH: 916-787-8830

Thank you for your continued interest and assistance toward improving the quality of life for individuals in our community and their families who are living with mental illness. Together, we can transform mental health services in Placer County.

Sincerely,

Maureen F. Bauman, L.C.S.W., M.P.A  
Mental Health Director